

Identify the problem and goal

Chest Point (CP)
Even though ____, I love and accept myself, my body, my personality and the fact that ____.
Or with positive content, I feel ____ and I love and accept myself.

First EP
Feel ____.
Take a breath.
What's there now?

Nothing
New content
Same content
Same negative content, new positive content or vice versa

Neutral
Positive
Negative

Inside? Outside?
There's me & there's nothing.

Second EP
Feel ____.
Take a breath.
What's there now?

New Nothing
New content
Same content

Third EP
Feel ____.
Take a breath.
What's there now?

New Nothing

Same negative content

What would you rather feel? I feel ____ & ____

Same positive content

Is there anything you wouldn't want to feel in this moment? Or what is the opposite state?

I feel ____ & ____ and I love and accept myself, my body and personality and the fact that I feel ____ & ____.
Or
____ and ____ are ____ and I love and accept myself and the fact that ____.

First EP
Feel _____. Take a breath.
Feel _____. Take a breath.
Feel ____ & ____ simultaneously.
Take a deep breath. What's happening between ____ & ____?

New content
or

"Nothing" or "I don't know"

Merging
or 2nd EP

Second EP
Feel _____. Take a breath.
Feel _____. Take a breath.
Feel ____ & ____ simultaneously.
Take a deep breath. What's happening between ____ & ____?

New content
or

"Nothing" or "I don't know"

Merging
or 3rd EP

Third EP
Feel _____. Take a breath.
Feel _____. Take a breath.
Feel ____ & ____ simultaneously.
Take a deep breath. What's happening between ____ & ____?

Yes. I feel ____ & ____

No. Then to Expansion

Nothing or not completely merged

Check for Metapolarities

Merged or disappeared

Can you separate them?

No. P or T

Yes.

Light Forgiveness
Thankfulness
Activation

Test questions
Is there still a problem?
Is there opposition to its resolution? Is it possible for the problem to impose itself in the future *against your will*? Are there other points of view involved?

If it is the first integration with DP, proceed to primes stabilization, then to test questions.